

AWARE!

Philadelphia Area Intergroup's Monthly Newsletter | Overeaters Anonymous®



Step 5

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Spiritual Principle

Integrity



Tradition 5

Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers.

Spiritual Principle

Purpose



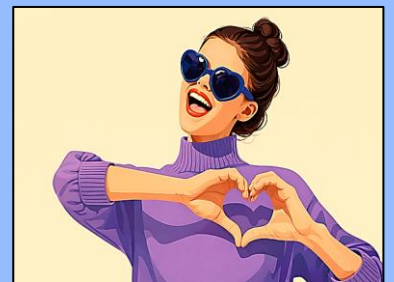
Heart Full of Gratitude

When I think about the next World Service Convention, it takes me back to the exhilarating experiences I had at the 2016 Convention in Boston. Over 1,000 OA members from all over the world gathered in one place! I received many gifts from that weekend.

My emotions were on alert because my roommate practiced a different food plan approach than I do. But sharing a room with her enriched my program of recovery, and I have since shared those lessons with my sponsees. We also found we had friends in common, thanks to the beautiful worldwide networking that is possible in OA.

There were nine workshop tracks that ran throughout the weekend on every topic imaginable. Of course, I couldn't attend them all, but I took notes at each workshop that I did attend and left with sufficient gems to put together a mini workshop for my home group's area. My heart was so full that I wanted to share that weekend's experience, strength, and hope with anyone who would listen.

I also purchased several of the CDs, one of which discussed how to incorporate the Traditions into our personal lives. It actually helped change my life, and a fellow home group member and I were inspired to hold a Traditions workshop based on this CD for Unity Day 2017.

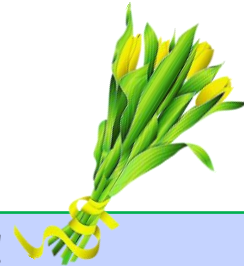


Using the virtual tools and technology available to us, I've had a sponsor for thirteen years who lives in another country. She also came to Convention, and we shared a deep **Step Five** experience – a gift I cannot describe to you.

At Friday night's opening ceremony, we saw a slide presentation that showed the flags of all eighty-two countries, plus OA virtual services, for every place OA holds registered meetings. The speaker that evening shared her experiences of starting many OA meetings in South Korea.

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No *Maybe* about it ~ it's Spring!



The OA website is new and improved!!!



The Board of Trustees and the World Service Office of Overeaters Anonymous announced the unveiling of a new, revamped website on April 17th!!!

It looks great. It's well-organized. And as before, it's full of information, news of events, stuff for newcomers, and links to resources - only *better*.

Woot! Don't take our word for it; just dig in at OA.org, and enjoy!

SERVICE!

The Philadelphia Area Intergroup needs service. As of July 1, 2026, the intergroup will need a Chair, a Treasurer, a Region 7 Representative and a World Service Business Conference Delegate.

Intergroup committees always need members, too. Contributing to the efforts of PAIG is a great way to do service and strengthen our recoveries, for real!

For information about each position's abstinence requirements, length of service and other information, please refer to PAIG's By-laws [here](#). Some requirements may be waived for otherwise qualified members.

Also, refer to the last page of this newsletter for a current list of PAIG members. If you're thinking about putting your hat in the ring, feel free to contact the member who is currently serving in the position that interests you. They'll be able to shed light on what exactly the position entails. Thanks, all!



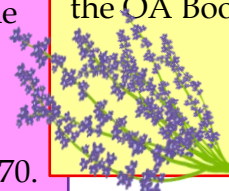
* Meeting Update *

The "One Step at a Time" Saturday, 9:00 a.m. meeting at Willow Grove Baptist Church experimented with meeting in person one day per month, but it has chosen to instead remain as Zoom-only for now. Questions? Loren Grace: 609-472-2390.

To access PAIG's meeting list with the most recent changes, click [here](#)!

To request changes to the list, contact Pat S., Vice Chair, at 217-821-1170.

Sponsors! Are you helping to shepherd a newbie through their introduction to OA? Don't forget to direct them to *Where Do I Start? Everything a Newcomer Needs to Know* at <https://oa.org/a-place-to-begin/where-do-i-start/>. This mobile version is fully printable, and it's available in 48 languages! Pre-printed pamphlets and e-book versions are also available in English and Portuguese at the OA Bookstore for \$3.25 by clicking [here](#).



More News!



OA's fund-raising efforts have paid off! The *Find a Meeting* feature at OA's refurbished website is new, too! Search criteria include Language, Focus, Topic, Literature, and more. The page displays a quick snapshot of the first ten or so meetings that are current at the time of your search, making it easy as π to click and join a meeting if you're trying to find one at the last minute, which (ahem) some of us have been known to do.

Both the Friday ceremony and the Saturday banquet festivities were so uplifting and emotional. My heart just wanted to shout with gratitude and happiness, and I could hardly sit still.

Service took on a new and deeper meaning for me that weekend. All the speakers humbled me to such a level that I've expanded my willingness to volunteer for service, even when those opportunities seem overwhelming.

I hope I'll never miss another OA World Service Convention . . . and I hope I'll see you!

— Anonymous



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SAVE THE DATE!!!



PAIG's annual retreat will be held at the Malvern Retreat House this year from **Friday, September 25th through Sunday, September 27th!**

The theme of this year's retreat is *Radical Acceptance*. During the weekend, we'll examine that concept: what it is, what it *isn't*, and all manner of other topics affecting our programs of recovery. You'll also find great, interactive workshops, loving support, friendship, discovery, opportunities for spiritual growth and more.

Please save your finest gently-used clothing and bring it to the retreat, where it'll be made available in our B'OAtique! Members unearth treasures galore every year.

Groups, please consider now to whether you might want to fund a retreat scholarship. As well, many PAIG meetings and some individuals offer baskets and other items to be raffled off each year to raise money for scholarships.

Thanks, all! See you there!

Travel Plans?

At many vacation spots – theme parks, cruises, music festivals, and more – there are often items listed on the event's agenda like *Friends of Bill*, *Friend of Bill W.*, or even just *FOB*.

This is a discreet way of listing either recovery meetings or other sorts of events geared toward people in recovery without breaking anonymity.

FYI! Shared by a member. Thanks, Karen!





Only one month
until the cut-off!
Have you sent your
story yet?

CALL FOR SHORT STORIES FOR OA'S NEW DAILY READER!

Hey there! We're excited to create a new daily reader that reflects the wide range of beliefs in our OA community. If you come from a secular or non-traditional background—whatever that means to you—we'd love to hear your voice.

We want to create something that can inspire anyone, regardless of belief or non-belief. Share a meaningful quote from OA literature and let us know how it supports your recovery journey in your own words. Just keep it under **two type-written pages** and **leave out any religious references**, and you're all set.

We can't wait to see what you contribute!

**SUBMIT VIA JOTFORM BY
JUNE 1, 2026:**



<https://form.jotform.com/220035565825050>

Please note: Submissions are assumed intended for publication, are edited for length and clarity, become the property of OA, Inc., and will not be returned. All languages welcome!

Your OA90 Virtual Intergroup Presents a Workshop on:



Spiritual Awakening

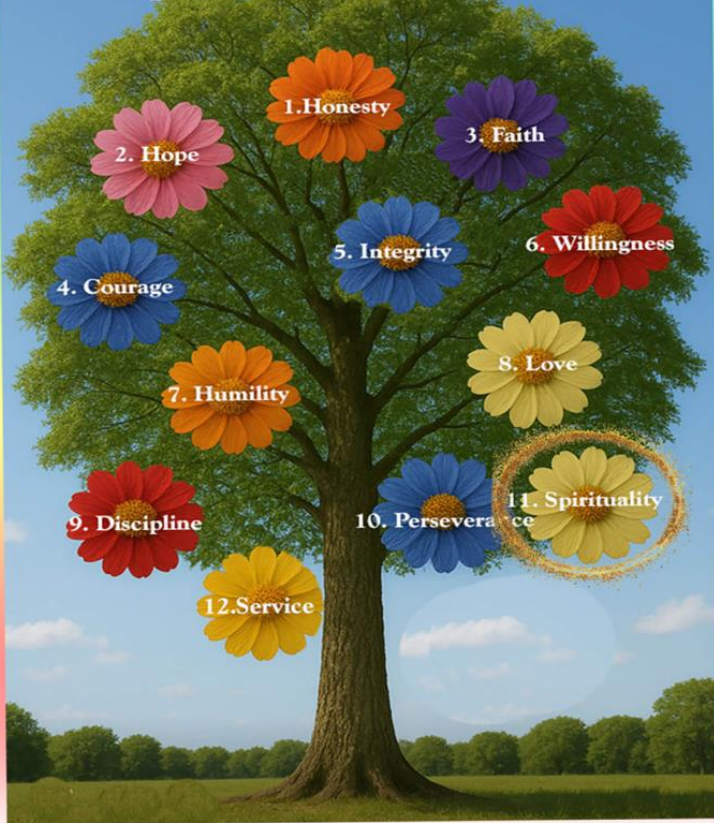
(Realizing Food Addiction isn't just about food)



WHEN? Saturday May 16th
10 am to Noon Pacific / 1 pm to 3 pm Eastern

WHERE? ZOOM
No Registration Required
Zoom ID 837 1100 7258
Passcode 202690

12 Step Tree of Spiritual Principles



Overeaters Anonymous Virtual
Workshop MEMORIAL DAY
**REMEMBERING OUR
POWERLESSNESS**
LEST WE FORGET

MONDAY, MAY 25th, 2026 9:15–11:30 AM EDT



9:15 - 9:30 am – Fellowship
9:30 - 11:30 am – Meeting - 3 Speakers & Sharing
7th Tradition (instructions to be provided)

**Sponsored by OA Fellowship of Hope Meeting
from the Philadelphia Area Intergroup (PAIG), USA**

Join Zoom Link:

<https://us02web.zoom.us/j/85939659369?pwd=BPxsWYXa8eJ5CJ7NmxzrV5ZMxgACLR.1>

Meeting ID: 859 3965 9369

Password: F3llowship

Questions? Contact Judy (215) 870-6013

Overheard Recovery

A Sponsor, receiving their Sponsee's Step Five: "I'm here as a witness, not a judge."



A Writing Prompt

Have I given careful thought to who I will share my Step Four findings with as I take Step Five?

Have I chosen someone honest, with good recovery, and in whom I trust?

May's Pet of the Month!



Meet *Laver*, Jean M.'s gentle, inquisitive Grandpup who lives in New York City. At 50% Collie and 50% Poodle, Laver holds the enviable title of – wait for it – Cadoodle! How great is that?

Laver was named by his mom, Maya, for legendary Australian Tennis Champ Rocket Rod Laver five years ago when she adopted him as a puppy from a rescue/foster in their home city.

Laver attempts to make friends with every living thing, including pigeons and bees, and even some inanimate objects that resemble living things, like snowmen and statues. Aww, Laver.

Laver is strictly a city boy; car trips make him queasy, and his one camping trip/farm excursion with Grandma left him feeling itchy (too much grass), lonely (ignored by chickens), and rebuffed ("Talk to the hoof," bleated a goat).

No, sir. While this curly-haired, sweet natured native New Yorker enjoys spending time with Grandma in the hinterlands of Southeast Pennsylvania, he loves heading back home to his mama, and Laver looves New York.

Write soon, Laver! We're glad you're May's Pet of the Month!



Tradition Five: Purpose

O	F	G	G	U	D	M	J	P	Q	Q	D	F	J	S	S	S	H	U	T
O	F	F	O	F	Z	W	R	Y	D	P	K	L	M	P	L	U	P	E	Q
Q	S	A	E	J	U	Z	F	R	Z	C	D	Y	T	R	N	E	P	C	I
H	H	L	J	Z	S	P	C	E	E	L	N	I	N	I	R	R	N	E	F
K	A	B	I	W	A	E	O	S	P	Q	U	T	O	M	M	P	W	L	R
E	R	O	J	V	U	L	N	P	O	N	A	Y	M	A	D	Z	N	E	Q
W	E	P	E	H	R	O	N	O	C	V	F	A	S	R	D	I	N	V	O
S	M	L	B	A	K	V	E	N	S	Y	Q	P	J	Y	N	O	M	A	D
U	G	Z	I	Y	U	E	C	S	P	F	G	S	J	V	H	M	G	Y	L
P	X	D	B	M	N	F	T	I	O	P	B	H	N	P	U	P	M	A	E
P	Y	G	R	A	J	X	I	B	K	J	I	M	E	Y	B	G	E	A	A
O	J	F	U	I	Z	L	O	I	E	L	U	L	G	L	W	H	H	L	L
R	O	U	O	E	K	E	N	L	W	N	E	F	D	W	M	C	X	K	Y
T	J	R	S	Q	S	I	A	I	E	T	C	Z	U	H	R	A	Z	L	S
H	O	P	E	O	C	L	U	T	L	U	G	O	C	E	J	R	R	Q	P
A	A	R	P	Z	Q	I	A	Y	C	F	M	G	U	G	N	R	L	E	Q
W	F	R	X	E	U	T	S	P	O	N	S	O	R	R	U	Y	X	J	N
M	U	D	L	C	W	Y	W	R	M	J	W	J	C	B	A	B	Q	C	H
P	I	X	X	F	H	Z	R	X	E	Q	Z	F	Q	W	G	G	T	C	I
S	E	R	V	I	C	E	B	M	O	G	C	Q	O	U	G	C	E	D	X

Can you find these words?

- responsibility
- primary
- purpose
- share
- heal
- welcome
- carry
- hope
- sponsor
- support
- encourage
- service
- telephone
- connection
- love

To play this puzzle online, click [here](#).

Earl's Pearls



CALLING ALL TREASURERS!

Does your meeting have 7th-tradition funds over and above your prudent reserve and immediate-future costs? Here are the suggested disbursement guidelines from OA's Board of Trustees.

1. 50% to Philadelphia Area Intergroup via PayPal to treasurer@oa-philadelphia.org, or send a check payable to PAIG-OA at PAIG, P O Box 23, Southampton, PA 18966.

2. 10% to Region 7:
<https://oaregion7.org/>



3. 40% to OA's World Service Office online or by check. Go to <https://oa.org/contribute/> for details.

Please be sure to include either the group # or the meeting name, location, day & time on all checks and correspondence.

EDITORIAL POLICY:

This is your newsletter! Please share your stories, poems, snippets or artwork related to your OA experience. Publication of any contributions or editorial options does not imply endorsement by OA as a whole, but by the individuals who wrote them. Material submitted cannot be returned. We reserve the right to edit, and it is understood that other OA groups, without permission, may reprint all copy.



**Send submissions to:
[northword99@gmail.com!](mailto:northword99@gmail.com)**

PAIG Service Positions

Shari B.	Chair & Web 310-880-4750
Pat S.	Vice Chair 217-821-1170
Phil S.	Treasurer 267-397-0977
Laura L.	Speaker List 215-803-1805
Chris N.	AWARE! & 2026 Retreat 
Jean M.	Program Chair 215-528-7610
Natasha M.	Region 7 Rep C & Secretary 407-461-9753
Trish M.	WSBC Delegate A 215-370-7640
Ed Mc	Communications 215-337-1873
Anthony H.	PI/PO 917-930-1086

PAIG:

(215) 385-3076 or <https://oa-philadelphia.org>

•OA's Region 7:

<https://oaregion7.org>

•World Service Office: <https://oa.org>

•Brandywine Intergroup:

<https://brandywineintergroup.org>

•OA Virtual Region: <https://oavirtualregion.org>

•OA Men's Group: <https://www.oamen.org>

•OA Young People's Facebook Page:

<https://m.facebook.com/OAinfo>

•OA Rainbow for members' LGBTQ+ support:

<https://www.oarainbow.org>

•OA Bridge for members with other addictions:

<https://oabridge.org/>

PAIG meetings are held on the 1st Wednesday of each month. This month's PAIG meeting will be held on Wed., May 6th. Next month's will be on Wed., June 3rd. The meeting starts promptly at 7:15 pm via Zoom.

Contact chair@oa-philadelphia.org for login information. PAIG reps, check your emails from the PAIG Google Group to be alerted to any changes. To subscribe to the Google Group (and the AWARE!), please go to oa-philadelphia.org and enter your email address in the box labeled "Join PAIG's Google Group."